

# NEW HAMPSHIRE TOMORROW

INCREASING OPPORTUNITY FOR OUR KIDS



NEW HAMPSHIRE  
CHARITABLE FOUNDATION



For our kids.  
For New Hampshire  
tomorrow.

All of New Hampshire's kids deserve the opportunity to reach their full potential.

But right now, only some get that chance.

Together, we can do something about this.

The Foundation has always been committed to effective action for the next generation. But given the demographic and social trends facing our state, we have redoubled those efforts. We have made increasing opportunity for those furthest from opportunity a top priority.

In 2016, the Foundation committed to investing at least \$100 million over 10 years in New Hampshire Tomorrow, a comprehensive partnership bringing together hundreds of organizations and businesses toward a single goal: increasing opportunities so that more young people can reach their potential and grow into thriving adults who will sustain New Hampshire's communities and economy. The response has exceeded our expectations.

We are making strategic grants, building and supporting multisector coalitions and advancing sensible public policy to achieve that goal.

Because no child, regardless of how much her family struggles, or where she lives, or the color of her skin, should be shut out of opportunity in the land of opportunity.

Please join us. Together, we can make New Hampshire a place where all children have the chance to thrive, and belong, and reach their full potential. Together, we can build a stronger New Hampshire Tomorrow.

*Dick*

Richard Ober  
President & CEO  
New Hampshire Charitable Foundation



# NEW HAMPSHIRE TOMORROW INCREASING OPPORTUNITY FOR OUR KIDS

Brandon Pierre (center) of the Mayhew Program with mentees Jayson (left) and Arandea.

**Strong, thriving kids grow into thriving adults who contribute to prosperous and healthy communities.**

**But right now, too many of our kids never have that chance.**

Contrary to our cherished myths about social mobility, if you are born poor in the United States, you are increasingly likely to stay poor. For children of color who are born poor, the likelihood of staying poor is even greater. This is not how the American Dream is supposed to work.

Thousands of kids from struggling families lack access to everything from high-quality early childhood care and education to advanced placement classes in high school and enrichment activities. They are less likely to go to college, less able to get good jobs and less ready to contribute to communities.

This is the trend that world-renowned sociologist Robert Putnam has labeled the “opportunity gap.”

Together, we can — and we must — reverse these

trends. This is not only a social obligation — it is an economic imperative.

Vastly unequal access to opportunity threatens New Hampshire’s long-term economic and social well-being. Income inequality in the U.S. has reached its highest levels in more than five decades, and New Hampshire is among the states where disparities are growing the fastest.

If we are to maintain our status as one of the best states in the country for children and families, all of our kids must have the chance to reach their full potential.

Together, we can make that happen.

Overall, New Hampshire does very well by our kids. But too frequently, the ZIP code a child lives in — or the education of her parents, the color of her skin, the structure of her family — plays an outsized role in predicting her success. And New Hampshire’s opportunity gap is widening. The U.S. Census Bureau reports that 11 percent of kids in New Hampshire (or 27,000) are living in poverty — up from 6 percent in 2000. (Under federal guidelines, a family of four with an

The Foundation is investing \$100 million over 10 years in four proven focus areas to increase opportunity for New Hampshire’s kids — from cradle to career:

EARLY CHILDHOOD DEVELOPMENT



All kids receive high-quality early care and education

FAMILY AND YOUTH SUPPORTS



All kids have strong families and role models

SUBSTANCE USE PREVENTION, TREATMENT AND RECOVERY



All kids live healthy lives free of substance use

EDUCATION AND CAREER PATHWAYS



All kids get the education and skills they need to thrive in the workforce

income of \$25,750 is considered to be in poverty.) And 43,000 of our kids, or 27 percent, are eligible for free and reduced-price school lunch. In some districts, more than half of all kids qualify.

Our kids struggle in other areas, too: New Hampshire’s young people have among the highest rates of substance use in the country, and our college students graduate with the nation’s highest debt load. But there are proven solutions. We know that when kids have access to a range of opportunities throughout their lives, they are able to thrive and to become adults who sustain their communities.

## TAKING ACTION

To increase youth opportunity, the Foundation is investing in four proven areas: early childhood development; family and youth supports; substance use prevention, treatment and recovery; and education and career pathways. Each area of investment aligns with work being done by the public sector, nonprofits, education and business. Each area of this important work needs generous donor support.

To achieve the goals of New Hampshire Tomorrow, the Foundation has made a commitment to invest at least \$100 million over a decade in grants and scholarships, to build and support multisector coalitions and to advance sensible public policy. And — because the resources, partnerships and action needed to make lasting change are far greater than one community foundation could provide — those funds and efforts are being multiplied with additional resources from local and national partners.

## LET’S WORK TOGETHER

Working together, we can increase opportunities for New Hampshire’s kids. New Hampshire has the resources, the relationships and the long tradition of bipartisan cooperation needed to narrow the opportunity gap and increase mobility from poverty. Please join us with your best ideas, your energy, commitment, voices and resources to make sure that every one of our children has access to the opportunities they need to thrive. For our kids. For New Hampshire tomorrow. ■



## EARLY CHILDHOOD DEVELOPMENT

Children with access to high-quality early childhood programs — like this little girl from Lancaster — are more likely to succeed in school and relationships, to become adults who thrive and contribute to their communities.

### GOAL: All kids receive high-quality early care and education

#### WHY IT MATTERS

At an early childhood development center in Lancaster, an infant coos and squeaks, smiling at her teacher. Her teacher makes eye contact, smiles back and says “Well, good morning!”

Those people were not just passing the time. That baby’s brain just grew.

Research in pediatric neurology is conclusive: Healthy brain development and growth depend on positive social interaction early in life. A strong foundation in the preschool years is critical to all learning that comes later. In the absence of such experience, or when children experience significant stress, brain circuitry does not develop as it should — with devastating effects on cognitive and social growth that can lead to expensive problems later.

This baby in Lancaster is fortunate — because she is in a high-quality early learning center, she is more likely to succeed in school and relationships, to thrive in her community and in her career. But too many of our children are not getting that opportunity.

Many of the 27,000 New Hampshire kids who live in poverty lack access to high-quality early childhood development programs. Parents need access to other critical supports — parenting education, job training,

90% of a CHILD’S  
BRAIN DEVELOPMENT  
happens before **AGE 5.**



financial literacy — that will help them to raise thriving kids.

By third grade, children from low-income households in New Hampshire have already fallen behind their better-off peers in math and reading. And they risk staying behind.

But solutions are at hand, with proven strategies that change that trajectory for kids.

Every dollar invested in early childhood development nets an average \$7 return in productivity and saved societal costs.

Community investment during the early childhood years translates to school readiness, success in high school, higher levels of educational attainment, economic security, productivity and civic engagement — and savings in everything from special education costs to rehabilitation programs and prison costs.

Every dollar invested in early childhood development nets an average \$7 return in productivity and saved societal costs — from savings in costly interventions later to gains in future productivity. Studies have shown that when disadvantaged children have increased quality early learning experiences, their earnings in adulthood are boosted by 25 percent.

Investing in our kids is an economic imperative. Kids who are supported by their communities today become adults who will contribute to those communities tomorrow. Like that baby in Lancaster, all of our kids deserve the early start that will help them thrive.

### STRATEGIES AND PROGRESS TO INCREASE OPPORTUNITY:

The Foundation is working to increase the quality of early childhood programs serving children from struggling families and improve state policies and funding to support early care and education.

Significant progress has been made to date, including:

- A generous grant from the Couch Family Foundation to **support the position of Director of Early Childhood and Family Initiatives at the Charitable Foundation** has provided support for the leadership driving progress in these areas.
- Thanks in part to the work of advocates trained through New Futures, funding was added to the state budget in 2018 for **child care scholarships, full-day kindergarten and for home visiting and child protection.**
- Foundation support was instrumental in helping the state secure a **\$3.8 million federal preschool development grant** — an unprecedented opportunity to coordinate and strengthen early childhood programs while increasing collaboration and alignment of federal, state, local and non-governmental resources.
- With Foundation leadership, the state is developing a more **robust system to measure the quality of child care centers**, and the Foundation is funding the University of New Hampshire’s Child Study and Development Center to help centers undertake necessary improvements.
- The Neil and Louise Tillotson Fund continues to make deep investments in a coordinated system of care and services aimed at **improving outcomes for every young child in Coös County.**



## FAMILY AND YOUTH SUPPORTS

TLC Family Resource Center's Melony Williams (right) visits with Krystle and her son Jaxon. Family Resource Centers provide a range of programs and services that help young families learn skills and connect with resources they need to succeed.

### GOAL: All kids have strong families and role models

#### WHY IT MATTERS

Melony Williams oversees home visiting programs for the TLC Family Resource Center in Claremont. She and her colleagues help some of the most vulnerable New Hampshire kids get early care and learning that help them thrive — in part, by sharing knowledge and resources with their parents. Her tools include brightly colored blocks for sorting and stringing, developmental questionnaires, an app that delivers daily childhood “brain building” activities, board books — plus kindness, patience and a master’s degree.

Krystle works full time at Cumberland Farms. She and her son Jaxon, who is almost 2, live with her parents.

As Williams and Krystle discuss problem-solving and developmental stages, Jaxon makes forays to explore the room, coming back regularly to touch base with Krystle.

“That teaches him that he can do things on his own,

but that you will be here to help him,” Williams points out to Krystle, who smiles shyly.

When Jaxon says a word — door, dog, block — Krystle repeats it.

This may seem intuitive — but such interactions help a child’s brain grow, and build his trust in the people around him.

“That’s really good how you say what he says right after, so he knows you’re understanding him,” Williams says. A parenting skill learned and praised gets

#### QUALITY HOME VISITING PROGRAMS

produce as much as **\$4 TO \$6** in return for every dollar invested.



repeated. A young mom’s skill grows, her little boy gets a stronger start.

TLC is one of 20 family resource centers around the state that help struggling young families learn skills and connect with resources they need to succeed — and, in turn, to help their children succeed.

When kids thrive, and have the chance to grow into thriving adults, our communities and our economy are stronger.

Not all kids get that chance. Kids from wealthy and well-educated families have more access to high-quality early childhood education, better schools and enrichment activities, and mentors who help them succeed. All of those things act as guardrails to help keep kids on track.

Family resource centers help families connect with their communities and learn the skills they need to launch their own children on the path to success.

But many poor kids don’t have those guardrails.

Many live isolated lives, falling behind in school early, detached from community and the supports they so achingly need. They are less likely to finish high school and go to college, and their earnings potential is less. The cycle continues when they have their own kids, often early and unprepared. Family resource centers help break those cycles — helping families connect with their communities and learn the skills they need to launch their own children on the path to success.

Investing in family resource centers means healthier and more stable families, increased academic success for kids and saved societal costs. It helps kids like Jaxon grow into healthy and successful adults who will contribute to New Hampshire communities tomorrow.

### STRATEGIES AND PROGRESS TO INCREASE OPPORTUNITY

The Foundation is working to improve access to programs and services for struggling families by helping family resource centers improve quality of services and serve more families; expand access to parenting classes and other services for young moms and dads; help more kids get connected with mentors through high-quality mentoring programs; and support effective after-school, summer camp and youth leadership programs serving New Hampshire kids.

Significant progress has been made to date, including:

- Foundation support has **helped family resource centers from Gorham to Franklin to Salem** deliver a wide range of programs and services — from prenatal care to parenting classes and after-school programs — to New Hampshire families.
- Charitable Foundation support and state funding to the New Hampshire Children’s Trust will **help family resource centers improve their quality and provide technical assistance**; three more family resource centers are meeting state standards of quality.
- **Big Brothers/Big Sisters** has continued to build its capacity and financial sustainability so it can provide more children with mentors.
- Generous Foundation donors have continued to align their giving with the goals of New Hampshire Tomorrow, supporting a wide range of mentoring and after-school programs, from the **Circle and Mayhew Programs to Girls Inc., Boys & Girls Clubs and Girls at Work.**



# SUBSTANCE USE PREVENTION, TREATMENT AND RECOVERY

Quality prevention programs like the Makin' It Happen Coalition for Resilient Youth in Manchester help young people make healthy choices.

## GOAL: All kids live healthy lives free of substance use

### WHY IT MATTERS

Catherine Jones was marching with her high school band when the group witnessed the scene of a drug overdose in Manchester. Quincy Roy has a family member who has suffered from a substance use disorder. Every kid has a story.

Members of the Makin' It Happen Coalition for Resilient Youth see drugs and alcohol as a clear and present danger to their generation. And they have put their shoulders back and found their voices and are deflecting that danger with a potent weapon: the optimism of the young.

Makin' It Happen is part of New Hampshire's 13 Regional Public Health Networks that the Foundation supports with grant funding. More than 70 young people from eight schools have been trained on over-the-counter medication safety, and now train younger

children. When they heard the president was coming to town, they dropped everything on a weekend to craft a message and figure out how to get him to hear it.

Their example convinced leaders of a national Drug Enforcement Administration program to shift focus to youth and prevention. They have become accustomed to television cameras. They have met with the governor. They are thrilled when other kids want to join the work.

Quincy's family member is in recovery and working again, buoyed by a 14-year-old's efforts.

### SUBSTANCE USE COSTS

New Hampshire **\$2.3 BILLION ANNUALLY** in lost worker productivity and earnings, health care costs, public safety and criminal justice expenses.



Quality prevention programs, strategies and policies help young people make healthy choices and grow into healthy adults who will sustain our communities tomorrow.

"We're making kind of like a movement as youth," Quincy says. Catherine adds: "It's going to carry with us the rest of our lives."

New Hampshire's young people have some of the highest rates of substance use in the country. Addiction to alcohol and other drugs is a public health crisis that threatens our young people's physical, emotional and economic well-being, devastates families, and has ripple effects across public health, public safety and the economy.

Prevention during adolescence is key: Adolescence through young adulthood is a critical period for brain development and the time when addiction is most likely to take root. Quality prevention programs, strategies and policies help young people make healthy choices and grow into healthy adults who will sustain our communities tomorrow.

And, for every dollar invested in prevention, treatment and recovery, up to \$12 is returned in productivity and earnings, and in avoided health care and other societal costs.

All of our kids need the prevention education, leadership development and community support that helps them thrive. And, should they need it, young people deserve community support and access to the treatment that will help them recover.

## STRATEGIES AND PROGRESS TO INCREASE OPPORTUNITY

The Foundation is working to increase capacity-building support for nonprofits that provide treatment and recovery services; prevent substance use by expanding proven programs; expand the number of medical providers offering best-practice care for teens and for pregnant and newly parenting moms; and strengthen public policy and funding to expand prevention, treatment and recovery programs.

Significant progress has been made to date, including:

- New Futures and other Foundation grantees were instrumental in securing the **passage of Medicaid expansion** — giving at least 175,000 people access to health insurance that included coverage for addiction treatment. We continue to support advocacy efforts to increase health care access.
- **More than 15,000 young people have been screened for substance use** as the result of an evidence-based screening protocol that was implemented in 23 medical facilities across the state with support from the Conrad N. Hilton Foundation. Young people are now having meaningful and consistent conversations about substance use with their primary care providers.
- An anonymous \$3 million gift to the Foundation is **helping moms and babies affected by the state's opioid crisis and other substance misuse** to get well, and to thrive. This generous gift has improved systems, policies and practices for care of these women and infants statewide.
- The Foundation's goal of a **5 percent decrease in youth alcohol use by 2017 was met** in early 2015 and we continue to work toward further improvement.
- The Foundation continues to **support critical and proven prevention and youth leadership programs in schools**, such as Youth Leadership Through Adventure and Life of an Athlete, which drive culture change across school communities.



## EDUCATION AND CAREER PATHWAYS

Aleah Douglas (third from left) of Rochester had half her associate degree finished when she graduated Spaulding High School, thanks to a partnership between the high school and Great Bay Community College.

### GOAL: All kids get the education and training they need to thrive in the workplace

#### WHY IT MATTERS

Aleiah Douglas will graduate high school with her associate degree halfway finished and a certificate in advanced composites manufacturing. She will walk in her cap and gown on a Friday, and, on the following Monday, be able to step into a job making \$19 an hour, with advancement opportunities and benefits, including tuition reimbursement to finish college.

Aleiah is one of 13 students in a pilot program in Rochester that gives young people the opportunity to train for careers in a high-demand field in New Hampshire — without running up any college debt.

The program — a partnership between Spaulding High School, Great Bay Community College and Safran Aerospace Composites — has equipped a lab at GBCC and guaranteed each student a job interview.

The curriculum includes significant lab time spent operating the same equipment that employees use at Safran. Students split their time between high school and college for their senior year. The program is free for participants.

The Foundation helped launch this and other pathways throughout the state to help students get the education they need — and help build the workforce of tomorrow.



50,000

Projected deficit in workers to fill NH jobs requiring **HIGH-VALUE DEGREE** or credential by 2025, at current rates of attainment.

Current demographic trends underscore the importance of these efforts: New Hampshire's workforce is aging, with a large demographic bubble moving into retirement. New Hampshire is seeing a downward trend in the number of high school graduates.

Forty-eight percent of graduating high school seniors go to college out-of-state — and many do not return (the number is even higher for students going to four-year colleges — 60 percent of those students leave New Hampshire). Unemployment in the state is low, with scores of jobs going unfilled in the advanced manufacturing, health care and high-tech sectors.

Career pathways help students get the education they need — and help build the workforce of tomorrow.

More than ever, our kids need help to afford higher education and training. Decades of tuition inflation coupled with low rates of state investment and stagnated federal aid mean New Hampshire students bear the highest debt load in the nation. Tomorrow's teachers, business people, historians, musicians, engineers, doctors and nurses, plumbers and firefighters all need help to get the education they need to get good jobs in New Hampshire. Generous New Hampshire citizens who have created scholarship funds make it possible for the Foundation to award more than \$6 million to New Hampshire students each year.

Together, we can help New Hampshire's kids get the education they need to become thriving adults who will sustain New Hampshire's communities and economy. And we can help make sure that all of our kids have the opportunity to become adults who sustain and strengthen New Hampshire communities tomorrow.

### STRATEGIES AND PROGRESS TO INCREASE OPPORTUNITY

The Foundation is providing scholarships to students in need; aligning student aid with New Hampshire's workforce needs and best-paying careers, including those requiring certificates and two-year degrees; investing in effective pathways to work, including dual-enrollment programs and apprenticeships; advancing "65x25," the state's goal of 65 percent of New Hampshire adults having postsecondary degrees or credentials by 2025.

- Significant progress has been made, including:
  - The Foundation helped **build new "pathways to work"** including supporting a new computer programming track in Portsmouth and funding efforts in Milford, Keene, Langdon and Gorham.
  - The Foundation and the Business and Industry Association launched "Workforce Accelerator 2025," an effort to support **partnerships between New Hampshire's schools and businesses** to strengthen school-to-career pathways.
  - Foundation scholarships to students attending community colleges have tripled**, and we're committing \$500,000 a year in scholarships to community college students through 2022.
  - We have partnered with the Eastern Bank Charitable Foundation to provide an additional **\$250,000 in scholarships for professional training, certificate and two-year degree programs** for New Americans and other students in need.
  - We created the **Pathways 2025 Fund with an initial \$250,000 for grants** to advance leadership, collaboration and innovation to achieve 65 by 25 with an emphasis on increased equity and social mobility for young people and families.
  - With donor support, the Foundation made a \$150,000 grant to Duet, a nonprofit organization that **helps adult learners in the greater Manchester area to earn college degrees in high-demand fields** through Southern New Hampshire University's College for America.

# LET'S WORK TOGETHER

Please join us with your best ideas, your energy, commitment, voices and resources to make sure that every one of our children has access to the opportunities they need to thrive.



To support New Hampshire Tomorrow or designate your gift to one of the four areas, visit [www.nhcf.org/nhtomorrow](http://www.nhcf.org/nhtomorrow).



Support our nonprofit partners working on these critical issues.

See previous pages and our website for stories of our partners and grantees.



For more information, contact us at 800-464-6641:

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NEW HAMPSHIRE  
CHARITABLE FOUNDATION

UP TO THE PROMISE

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#NHTomorrow

The New Hampshire Charitable Foundation is  
New Hampshire's statewide community foundation  
founded in 1962 by and for the people of New Hampshire.



NATIONAL  
STANDARDS

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